

## **Deliverance From the Chains Breaking Free from The Victim Mentality**

**John 8:31- The Truth Shall Make You Free** - <sup>31</sup> Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed.

**John 8:32** *"And you shall know the truth, and the truth shall make you free."*

**Jesus himself is the truth that sets us free.**

**John 8:36** - Therefore, if the Son makes you free, you shall be free indeed.

***He is the source of truth:***

- The perfect standard of what is right.

***He frees us from continued slavery to sin:***

- From self-deception
- And from deception by Satan.

***He shows us clearly the way to eternal life with God:***

- Jesus does not give us freedom to pursue harmful actions.
- Or dangerous beliefs but to have freedom.
- Freedom to have new and overflowing life as we follow Him.

**John 10:10** - The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have *it* more abundantly.

**As we seek to serve God, Jesus' perfect truth frees us to be all that he created us to be.**

**John 8:34-35** - Jesus answered them, "Most assuredly, I say to you, whoever commits sin is a slave of sin.<sup>35</sup> And a slave does not abide in the house forever, *but* a son abides forever.

**Sin has a way of enslaving us, controlling us, dominating us, and dictating our actions.**

- Jesus can free you from this slavery that keeps you from becoming the person God created you to be.

**If sin is restraining, mastering, or enslaving you, *Jesus can break its power over your life.***

## Deliverance From the Chains - Breaking Free from The Victim Mentality

- Our society is struggling today with a victim mentality!
- We need to learn to "*Break free from the bondages of the past.*"
- Learn to "*Break free from the victim mentality.*"

Because of the increase of evil in a time when evil is called good and good is called evil.

We live in an era where there are many victims of the satanic attack and oppression our societies are under.

Satan wants to impose a victim mentality upon us!

- He knows that if we accept it, we are rendered useless and ineffective!
- As Christians we then present no threat to him or his domain.

### Nahum 3:1-4 - Punishment for Nineveh

**3** Woe to the bloody city! It is all full of lies *and* robbery. Its victim never departs.

<sup>2</sup> The noise of a whip And the noise of rattling wheels, Of galloping horses, Of clattering chariots!

<sup>3</sup> Horsemen charge with bright sword and glittering spear. *There is* a multitude of slain, A great number of bodies, Countless corpses— They stumble over the corpses— <sup>4</sup> Because of the multitude of harlotries of the seductive harlot, The mistress of sorceries, Who sells nations through her harlotries, And families through her sorceries.

Ninevah had used its beauty, prestige, and power to seduce other nations.

- Like a prostitute, she had enticed them into false relationship.

Then when the other nations relaxed, thinking Assyria was a friend, Assyria destroyed and plundered them.

Beautiful and impressive on the outside, Ninevah was vicious and deceitful on the inside.

Beneath attractive facades sometimes lie seduction and death.

Don't let an institution, company, movement, or person seduce you into lowering your standards or compromising your morality.

***We are now living in an era*** where we see *our legal systems unable to cope with the crime and violence* that runs ***rampant in our societies.***

**Our legal system** today is in such disarray and chaos that criminals are going free because they are **victims themselves.**

I recently heard of an incident where an individual was being tried for murder and **their defense** was that **they were victims of their environment.**

- There is a ***new name for it***--it's called **Urban stress syndrome.**
- This is *the world we live in.* **Where does it stop?**
- ***Who's going to break the chains of the past?***

***We all face choices.***

- ***We can become victims in our thinking by taking on the victim mentality.***
- ***And live in the misery of defeat and shame.***
- ***Or we can break free from the victim mentality.***
- ***And be the overcomers that God has called us to be.***
- ***God has called us to rise above the victim mentality.***

Theme: ***The help of people Vs. the help of God.***

***Help from people is temporal and unstable but help from God is lasting and complete.***

**Psalm 146:7-8** - <sup>7</sup>Who executes justice for the oppressed, who gives food to the hungry. The Lord gives freedom to the prisoners. <sup>8</sup>The Lord opens *the eyes of the blind*; The Lord raises those who are bowed down; The Lord loves the righteous.

**As Christians we have no business walking in a victim mentality.**

- **God has delivered us** from it through *the power of Jesus Christ.*
- **Jesus broke** those bondages for us.
- **We do not** have to be in bondage to the world.
- ***If we are to go forth as a conquering army -***
- **We must walk in the victory** that **He has given to us.**

**INDICATORS OF A VICTIM MENTALITY**

***Maybe you are not sure whether you are walking in a victim mentality or not.***

***I would like to give you some indicators*** that will help you to be able to discern whether you have ***fallen into Satan's trap or not.***

***If you have*** **God is here to release you** from ***the snare of the enemy.*** **He will do it!**

Many fall into this category. **Here are some of indicators & symptoms of victims:**

- They ***focus on the past.***
- They concern themselves with ***how things should have been.***
- They are ***pre-occupied with problems.***
- They are always ***blaming someone else*** for the way they are.
- They find themselves ***helpless.***
- They feel they have ***no control over anything.***
- They feel like ***pawns in the game of life.***
- They use the expression **"if only" or "what if".**
- They feel like they are ***always being picked on.***

As you can see, **a person who is consumed with any of the above symptoms** would have a hard time ***walking in any sense of victory.***

**A victim mentality does not bring victory.**

- If you maintain ***a victim's mentality*** you will ***remain a victim.***
- **God has** ***something better for you than that.***

### ***KEYS TO BREAKING FREE FROM THE VICTIM MENTALITY***

#### **Psalm 43:1-3 – Prayer to God in Time of Trouble**

43 Vindicate me, O God, And plead my cause against an ungodly nation; Oh, deliver me from the deceitful and unjust man! <sup>2</sup> For You *are* the God of my strength; Why do You cast me off? Why do I go mourning because of the oppression of the enemy? <sup>3</sup> ***Oh, send out Your light and Your truth! Let them lead me;*** Let them bring me to Your holy hill And to Your tabernacle.

**We need the truth of God's word to set us free.**

- It is the only thing that will bring the kind of ***victory that causes us to break free from the bondages of the past.***
- **The principles of His word** must become ***the guiding principles of our lives!***

Here are some important keys.

## **We Must Face the Pain & Deal with It**

***We must be willing to take a good hard look at our lives and discern.***

- How much of a **victim** we have become.
- Then **be willing** to see **what it was that caused us to fall into the snare**.
- Then we must **begin to deal with it** by making **straight paths for our feet**.

**Hebrews 12:12-15 - Renew Your Spiritual Vitality** - <sup>12</sup> Therefore, strengthen your feeble arms and weak knees. <sup>13</sup> **"Make level paths for your feet,"** so that the lame may not be disabled, but rather healed.

## **Warning and Encouragement**

<sup>14</sup> **Make every effort to live in peace with everyone and to be holy;** without holiness no one will see the Lord. <sup>15</sup> **See to it** that no one falls short of the grace of God and that **no bitter root grows up to cause trouble** and defile many.

In the process of looking at our wound and pain, we may concluded that we have some major forgiveness, bitterness and resentment to deal with.

***This must be dealt with before the bondage can be broken.***

***We can't begin to walk in the Lord's forgiveness and victory until we have really forgiven those who have caused us so much pain, agony and conflict.***

## **Mark 11:25-26 - Forgiveness and Prayer**

<sup>25</sup> "And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. <sup>26</sup> But if you do not forgive, neither will your Father in heaven forgive your trespasses."

**Once I have cleared up the bitterness and resentment:**

- I must begin to **focus on the solution** and **quit focusing on the problem**.
- **The problem with most people** is that they **spend all their energy focusing on the problem**.
- Then there is **very little energy** left to **focus on the solution**.
- This may be **difficult and painful**, but it must be done.

## **We Must Take Responsibility for Our Lives**

**Romans 14:12** - So then, each of us will give an account of ourselves to God.

No matter who or what may have caused you to fall into a victim mentality:  
It is your responsibility to get out of it.

You've got to quit blaming and feeling sorry for yourself.

- Take responsibility for your life.
- Nobody else can do that for you.
- **The prodigal son is an example** of a person who fell into the trap of a victim.
- But his victory was predicated on the fact that he took responsibility for his actions.
- He didn't accept the fact that **he was a victim**.
- He could have said, *"If only the severe famine hadn't come"*.

The younger son, like many who are rebellious and immature, wanted to be free to live as he pleased, and he had to hit rock bottom before **he came to his senses**.

**Luke 15:17-18** - <sup>17</sup> "But when he came to himself, he said, 'How many of my father's hired servants have bread enough and to spare, and I perish with hunger! <sup>18</sup> ***I will arise and go to my father, and will say to him, "Father, I have sinned against heaven and before you,***

Some people need great sorrow and tragedy to cause them to look to the only one who can help them-JESUS.

**Are you trying to live life your own way, selfishly pushing aside any responsibility or commitment that gets in your way?**

- **STOP** and look before you hit bottom.
- You will save yourself and your family much grief.

## **We Must Be Kingdom Focused**

**Matthew 6:33** – But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

- **This means to put God first in your life!**
- To fill your thoughts with his desires.
- Using His character as your life's pattern.
- Keep implementing His kingdom values on earth.

**Our focus in life must be on the kingdom of God and our part in it.**

**If I am to break free from the past,**

- I must begin to shift my focus to something much more important.
- Which will occupy my mind and thoughts.
- ***As I become more kingdom focused -***
- I will begin to make the right choices that enact ***the law of sowing and reaping*** to bring forth God's blessing and deliverance into my life.

**Our lives are made up of a series of choices.**

- If those choices were made according to carnal and selfish desires,
- **We block the flow of God's blessing and abundance in our lives.**

On the other hand, ***if I am making right choices that are in relationship to seeking first the kingdom of God.***

- ***I am going to release His flow of blessing and abundance into my life through the law of sowing and reaping.***

**Galatians 6:7 - Do not be deceived:** God cannot be mocked. A man reaps what he sows.

**CLOSE: We Must Have Clearly Established Goals and Priorities**

**Proverbs 21:5 -** The plans of the diligent lead to profit as surely as haste leads to poverty.

**If we don't take control of our lives by establishing goals and priorities, circumstances and others will do it for us.**

**We live in a society that is producing victims**, but as you can see God has something in store for us that is greater than succumbing to the elements of the world.

**Success Comes Down to Choosing the hard right over the easy wrong consistently!**

- Outcome is God's responsibility.
- Obedience is yours.
- Deliverance From the Chains

**Will you choose to walk away from Victim mentality today once and for all?**